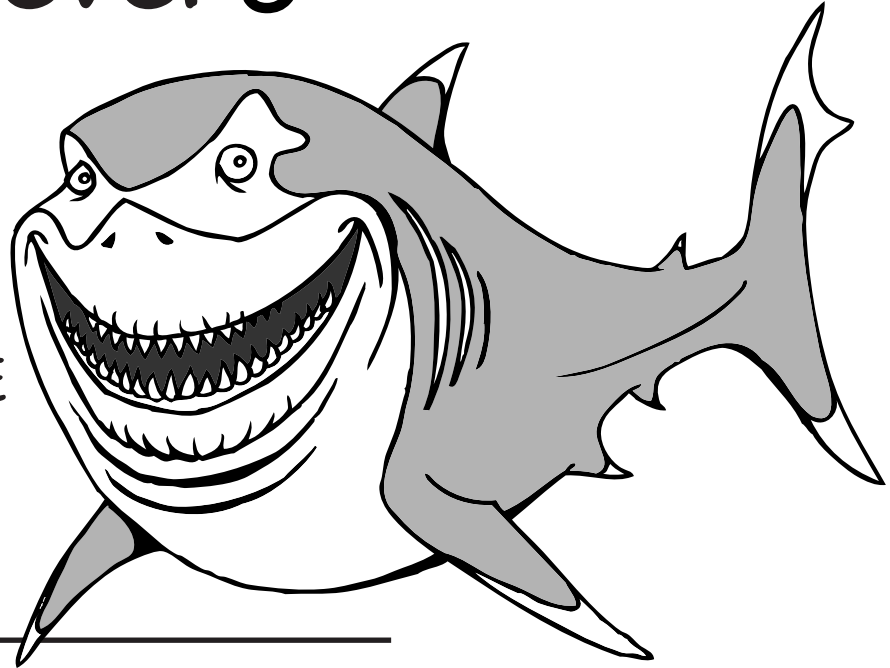


Learn to Swim

Level 5

BUCK the GREAT WHITE



Course Curriculum

Exit Skills:

- Freestyle (100 yds, body nearly horizontal, breathing every three strokes, kick consistent throughout stroke, hand exits in the same place where it enters)
- Back crawl (100 yds, body nearly horizontal, body roll in shoulders and hips, elbow bent through power phase, hand pushes down before beginning pull)
- Breast stroke (50 yds, hands do not pass shoulders, feet outside of knees during pull, hips high during kick, effective glide, feet come together before starting the next pull)
- Butterfly (25 yds, breathing at the beginning of arm stroke, two kicks per stroke, wavelike motion throughout, arms recover simultaneously)
- Elementary back stroke (50 yds, arms and breathing, feet outside knees during power phase, ankles rotated out at the start of power phase, feet come together before starting next pull)
- Side stroke (25 yds on each side, top leg forward no body roll, leading arm pulls while trailing arm and legs recover, legs are parallel to the surface)
- Flip turns on front and back (continual forward motion, no forward breathing before turn, feet come out of water, push off and streamline for two body lengths before starting stroke)
- Shallow entry dive from the side (glide for two body lengths with kick and begin any front stroke)
- Treading water (3 minutes using alternate kick, no hands)

Level Skills:

- Underwater swimming (25 yds, no flutter kick)
- Tuck and pick surface dives (retrieving object in 12 feet)
- Survival swimming (2 minutes)
- Recognition of spinal injury